



# Creative Grieving: A Hip Chick's Path from Loss to Hope

*Elizabeth Berrien*

[Download now](#)

[Read Online](#) 

# Creative Grieving: A Hip Chick's Path from Loss to Hope

*Elizabeth Berrien*

## **Creative Grieving: A Hip Chick's Path from Loss to Hope** Elizabeth Berrien

Grief is often perceived as a dark and lonely journey; as a result, it is a topic we avoid in today's society. Within a 20-month period, Elizabeth Berrien endured the loss of her stillborn son and the subsequent death of her husband on active duty in Afghanistan. She found herself a 27-year-old widow whose life had been shattered. In this book, she shares the experiences, the wisdom, and even the joy she gathered on her journey from grief to hope. Creative Grieving offers support and encouragement while acknowledging that there is no right way to grieve. Elizabeth tells you about the emotions she experienced while grieving in an instant gratification society, the importance of self-nurturing, the balancing of grief and motherhood, the redefining of community and relationships, and the discovery of new passion and meaning. Her authentic account of grieving will empower you as you cope with loss. Along with Elizabeth's personal stories are pieces of Hip Chick Wisdom from a community of women, Creative Hip Chick Ideas, and a list of helpful resources. By reading Elizabeth's story of vulnerability and courage, you will learn how to find your own creative way of moving through grief to hope uncovering gifts along the way.

## **Creative Grieving: A Hip Chick's Path from Loss to Hope Details**

Date : Published July 2nd 2013 by River Grove Books

ISBN : 9781938416330

Author : Elizabeth Berrien

Format : Paperback 198 pages

Genre : Nonfiction

 [Download Creative Grieving: A Hip Chick's Path from Loss to ...pdf](#)

 [Read Online Creative Grieving: A Hip Chick's Path from Loss ...pdf](#)

**Download and Read Free Online Creative Grieving: A Hip Chick's Path from Loss to Hope Elizabeth Berrien**

---

## From Reader Review Creative Grieving: A Hip Chick's Path from Loss to Hope for online ebook

### **Ketan says**

I have received the book as a winner of a giveaway in exchange of an honest review.. looks quite good..  
eager to read it..

---

### **Megan Warren says**

I requested this book from Netgalley, because of the title and that like me Elizabeth had experienced the loss  
of a child. Elizabeth writes about her experience of grief and loss with heart and humour. I found that I could  
relate to her story. My only disappointment was that I felt there was not enough focus on creativity, which  
was what drew me to the book. I will keep it as a resource and recommend it to other grieving mothers.

---

### **Polly Watson says**

CREATIVE GRIEVING is certainly a wonderful resource to read for ANYONE grieving. Elizabeth Berrien  
lost a child and then less than 18 months later, her husband died. She shares her story with wonderful heart  
and humor, but mostly an obvious passion to help others who are grieving--at whatever stage of grief the  
person may be. She is going to be at Malaprop's Book Store in Asheville, NC on Monday, November 19. I  
am going to do everything I can to be there. I'd love to meet this amazing woman who has walked such a  
tragic walk, but who is coming through her grief journey with a renewed purpose. She has opened a grief,  
trauma, loss support group program in Charlotte, NC called "The Respite." I am hoping to attempt to go visit  
one day.

<http://www.therespite.org/>

<http://www.malaprops.com/>

---

### **Jamie Holloway says**

Will be posting my review on my blog.

---

### **Slawka says**

/I have won this book from the first reads/

An amazing story giving hope and encouragement to all those who are grieving. Not just empty words, but  
each advice is strengthened by an example. Many addresses of places where to look for help. I would go as

far as saying it may be useful not only to grieving women but also to those with depression who try to find their space on earth.

---

### **Rae says**

I am grieving but apparently I'm not a hip chick. I really didn't find this book that useful. I think it could be that the author was much younger than me when she lost her child and husband. Grief is grief, yes, but our life circumstances do play into what our needs are and what our recovery will be like. I'm sure that her experiences and much of her counsel will ring true for other readers.

---

### **Elle Williams says**

Maybe it's because I am not that emotional of a person that I had a hard time connecting with this author. She has provided some valuable advice and resources for those who have lost a loved one, but in the end I found myself annoyed with some of the advice she had given. I won't go into specifics because everyone is different and maybe her advice would be more applicable to them, but I found myself saying "that's a terrible idea" over and over again. Sometimes she was profound, but most of the time I found her to be immature.

---